

DINNERLY



Feed A Crowd: Italian Beef Pasta

Same Meal Price, More Servings!



40 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 2 zucchini
- 1 onion
- 2 x 200g penne pasta ¹
- 20g Italian seasoning ¹⁷
- beef mince
- 400g diced tomatoes

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tbs tomato paste
- 2 tsp sugar

TOOLS

- oven tray
- foil
- large saucepan
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 705kcal, Fat 23.1g, Carbs 85.8g, Proteins 33.7g



1. Prep ingredients

Preheat the grill to high. Line an oven tray with foil. Bring a large saucepan of salted water to the boil for the pasta. Thinly slice the **zucchini** lengthwise (see Feed A Crowd). Finely chop the **onion**. Crush or finely chop **2 garlic cloves**.



2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Reserve **180ml (¾ cup) cooking water**, then drain the pasta and return to the pan to keep warm. Meanwhile, put the **zucchini**, **2 tsp Italian seasoning** and **1 tbs olive oil** in a bowl. Season with **pepper** and toss to coat. Put the zucchini on the lined tray and grill for 10-12 mins until golden.



3. Brown beef

Heat **1 tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, stirring, for 3 mins or until softened. Increase the heat to high, add the **beef mince** and **garlic** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **remaining Italian seasoning** and cook, stirring, for 30 secs or until fragrant.



4. Simmer sauce

Add the **tomatoes**, **reserved cooking water**, **2 tbs tomato paste** and **2 tsp sugar** to the beef mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook for 8-9 mins until slightly thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **pasta** and **sauce** among bowls and top with the **zucchini**. Or, toss everything together and serve in a large dish. Enjoy!



6. Feed A Crowd

If you've got little ones who aren't fond of zucchini, you can easily camouflage it by peeling and coarsely grating it, then adding it to the mince at the end of Step 3 – they'll never know it's there!

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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